

# BREAKFAST served until 10:30

<b>THE GRANDE BURRITO</b> Scrambled eggs, sausage, cheddar cheese, green onions, diced tomato, served with salsa	cal. 630	5.49
<b>EGG &amp; CHEESE CROISSANT</b> Scrambled eggs, cheddar cheese	cal. 500	5.19
<b>BACON, EGG, &amp; CHEESE CROISSANT</b> Scrambled eggs, hickory smoked bacon, cheddar cheese	cal. 580	6.19
<b>BREAKFAST BOWL</b> Scrambled eggs, cheddar cheese, hickory smoked bacon OR sausage	cal. 395-445	4.19
<b>AVOCADO TOAST</b> Fresh avocado, basil pesto aioli, provolone cheese	cal. 290	3.99
<b>CINNAMON ROLL</b> with icing	cal. 820	3.69

# OTHER ITEMS

MUFFINS	3.99
KILLER COOKIES	2.99
GOURMET COOKIES <small>NUTS!</small>	2.99
BROWNIE / BLONDIE <small>NUTS!</small>	2.99
CHIPS	1.59

# COFFEE



<u>HOT</u>		<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
FRESH BREW	cal. 5	1.99	2.29	2.49
<u>COLD</u>			<u>16oz</u>	
ICED COFFEE	cal. 5		3.79	

# SMOOTHIES

STRAWBERRY BANANA	cal. 390	5.29
MANGO	cal. 360	5.29
*all smoothies contain dairy		

\*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written information available upon request.



# SIGNATURE SANDWICHES

## CHICKEN SALAD & APPLES on a Multigrain boule NUTS!

Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apples

cal. 810

7.99

## CADILLAC CHICKEN on a Multigrain boule

Fresh chicken breast, provolone cheese, hickory smoked bacon, Romaine lettuce, tomato, honey mustard dressing

cal. 860

8.69

## ORIGINAL VEGGIE on a French boule

Cucumbers, tomato, Romaine lettuce, roasted red peppers, fresh avocado slices, mayo, provolone cheese

cal. 560

7.29

## CHICKEN SALAD on a Croissant NUTS!

Homemade chicken salad, Romaine lettuce, tomato

cal. 520

7.49

## TURKEY CHEEZER on a Multigrain boule

Oven-roasted turkey, provolone cheese, Romaine lettuce, tomato, mayo

cal. 730

7.99

## HAM CHEEZER on a Multigrain boule

Ham, swiss cheese, Romaine lettuce, tomato, spicy brown mustard, mayo

cal. 700

7.99



Cadillac Chicken



Turkey Cheezer



Chicken Salad

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# HOT SANDWICHES

## CHICKEN PORTABELLA on Cuban bread

Fresh chicken breast, marinated portabella mushroom, roasted red peppers, provolone cheese, basil pesto aioli

cal. 750

7.99

## GRILLED CHEESE

Melted provolone and cheddar cheese on Texas Toast

cal. 560

4.99



Chicken Portabella

# SIGNATURE WRAPS

## TURKEY-BACON-AVOCADO WRAP on a Whole Wheat tortilla

Oven-roasted turkey, hickory smoked bacon, fresh avocado slices, Romaine lettuce, tomato, basil pesto aioli

cal. 540

8.99

## BUFFALO WRAP on a Tomato Basil tortilla

Fresh chicken breast, cheddar cheese, Romaine lettuce, tomato, buffalo sauce, blue cheese dressing

cal. 750

6.99



Buffalo Wrap

# UNDER 450 CALORIES

## HUMMUS, CHICKEN, & GOAT CHEESE on a Flour tortilla

Fresh chicken, hummus, Romaine lettuce, diced tomatoes, cucumbers, goat cheese, Balsamic dressing

cal. 440

6.69

## HUMMUS VEGGIE SANDWICH on a Multigrain roll

Hummus, cucumbers, tomatoes, Romaine lettuce, roasted reds, fresh avocado

cal. 370

6.69

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# GRAIN BOWLS

**SOUTHWEST** served with Firecracker sauce cal. 450 8.29  
Brown rice, Romaine lettuce, corn, black beans, chopped tomatoes, green onions, fresh chicken breast, fresh avocado slices, sprinkle of cilantro

**ASIAN INSPIRED** served with Sweet Chili sauce NUTS! cal. 380 8.29  
Brown rice, Romaine lettuce, fresh chicken breast, portabella mushroom, black beans, roasted red peppers, green beans, cucumbers, sliced avocado, toasted almonds

## SALADS

**GARDEN SALAD** cal. 380 7.99  
Romaine lettuce, tomato, cucumber, cheddar cheese, boiled egg

**COBB SALAD** cal. 730 8.49  
Romaine lettuce, fresh chicken breast, hickory smoked bacon, tomato, blue cheese crumbles

**CHEF SALAD** cal. 500 8.79  
Romaine lettuce, oven-roasted turkey, ham, tomato, cucumber, cheddar cheese, boiled egg

## SOUPS

**SMALL** cal. 85-265 4.59  
**LARGE** cal. 165-500 7.29

# VALUE MEALS

**BREAKFAST** served until 10:30am  
FRUIT, COFFEE or FOUNTAIN DRINK

**THE GRANDE BURRITO** cal. 630  
Scrambled eggs, sausage, cheddar cheese, green onions, diced tomato, served with salsa

**EGG & CHEESE CROISSANT** cal. 500  
Scrambled eggs, cheddar cheese

CHOICE OF MUFFIN NUTS!

## LUNCH

**HAM CHEEZER** on a Multigrain boule  
includes chips & fountain drink

**TURKEY CHEEZER** on a Multigrain boule  
includes chips & fountain drink

**ORIGINAL VEGGIE** on a French boule  
includes chips & fountain drink

**SOUTHWEST** served with Firecracker sauce  
includes fountain drink

**GARDEN SALAD**  
includes fountain drink



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